

# School for Housewives

by Marion Harland

## The Care of Books.



Give your books the protection of glass.

Dusting—librarian's way.

A desk-shelf for the favored few.

The wrong way to hold a book.

### Friendly Talks With the Must-Stay-at-Homes

PRESERVING BY THE COLD WATER PROCESS

WITHOUT going fully into a subject that has been pretty well aired and sifted in this department, I would yet touch for a few minutes upon the reasons which have of late years moved thoughtful housewives to return to the practice of preserving by canning and otherwise fruits and vegetables for home consumption.

#### Plenty of Acid Found.

One of our staff of able chemists wrote to me as the result of a single analysis: "I find in three tablespoonfuls of canned pears enough salicylic acid to 'dose' an adult. Yet this is the stuff upon which mothers feed their children!" I am told, and I am willing to believe it, that some firms in the canning business are not guilty of these nefarious practices. When the result of what some were pleased to term my "crusade against canned goods" was made known, one manufacturer of these wrote an earnest, mainly protest against wholesale denunciation of his craft, and courted investigation of his methods. Before the publication of the facts I had gleaned, and after I had asked for formulae for the preservation of foods, another man in the same line of business sent me, in all good faith, a prescription warranted to keep the most delicate fruits and vegetables from decomposition for any number of years. One of the principal ingredients was salicylic acid!

ward a couple of years ago, in a conference of physicians, to the effect that the alarming increase of kidney disease throughout the United States is due to the extensive use of this same drug through the medium of canned meats, fruits, and vegetables. Enough has been said to justify the housewife who looks well after the health of her family in taking the trouble to do her own canning and preserving.

#### Begin With Tomatoes.

Nevertheless, those whose experience is worth as much as mine, and whose variety I cannot question, affirm that it can be done, and that while reason and common sense add the throne, they over against a recipe, it shows that I have made personal test of that recipe, and know it to be trustworthy. I wish I could draw the Maltese cross above those I am about to give for the abolition of heat in the work of putting up foods for winter use.

one jar, pressing in closely, but not so hard as to bruise them. Set the jar under the flowing faucet and fill to overflowing. Clap on the cover, screw down fast and firm, and set the jar aside, upside down, while you fill and seal the rest, each time taking out just as many chilled tomatoes as will fill one jar. It is needless to say that these must be of glass and of the best brand, and that the rubbers must be entirely new and of sufficient breadth to bear the rim of the top, without the possibility of admitting air.

Gooseberries, cherries, lima beans, rhubarb and, I am told, pears and peaches may be treated in the same way. Recipes for putting cherries and rhubarb in cold water are published this week.

Our next week's talk will be upon canning, preserving and pickling in the old way.

#### LINCOLN AND THE BORE.

The late Hon. Charles W. Slack told the following of the Hon. Peter Harvey, the friend and biographer of Daniel Webster.

"Mr. Harvey was a large man with a small voice and that pomposity of manner that many diffident men possess. Above everything he valued and prided himself upon his friendship with the 'great expounder'.

YOU can distinguish your true booklover from the man who simply likes books at the first glance—by the way he handles them.

The man who "likes" them will break the back of the finest edition when he turns the first page, by bending the book double, perhaps, folding the covers back upon each other; while our booklover will "ease" the book open, yet accomplish his task in about the same time as the other without injuring the book.

Books aren't at all perishable bits of property if you treat them properly. Keep them under glass—dust breeds all sorts of little destructive creatures, and an open bookcase shortens the life of your books by half.

When you receive clean, take out every book and wipe out the case, going over every inch of it thoroughly with warm water in which a generous dash of turpentine has been put.

Dust your books—first librarian's way then with a dust cloth. "Librarian's way" means striking two books together at an open window so that the dust flies out. But do it gently, so as not to loosen the backs.

Your pet books, of course, are too precious to be so carefully taken care of—which is a paradox. But you want them where you can put your hand on them—can refer to this passage or that without the bother of unlocking doors. Little single shelves that hold perhaps a dozen books are to be had in any "finish" wood, or in the plain unfinished wood, ready to be carved or decorated with pyrography.

Magazine racks have been improved this year by the addition of metal braces (some are made entirely of metal), which makes it possible to use them for books without the danger of the weight breaking off the little uprights.

Not to leave a book outdoors overnight; not to lay it down upon open leaves; not to lay it carelessly where it can slip and break the corners—these would seem unnecessary cautions were it not that every day you see a diagram transgression of these rules, which are after all, the simplest dictates of common sense.

patient for the night will often induce sleep when all other remedies for sleeplessness have proved unavailing.

Beef tea prepared properly is very nutritious, and since it is easily digested is invaluable in the sickroom. A pound of the shin of beef should be shredded up fine by sewing with a blunt knife. It should then be placed in an earthenware jar and covered with cold water. After soaking for ten minutes or so the jar, being tightly covered, is placed in a saucepan full of cold water. The water should be gently warmed for several hours without ever boiling fast. Small quantities may be served at a time and warmed up as required. Invalids constantly complain of thirst. Sips of water should never be denied, and it should be borne in mind that lukewarm water will allay thirst better than quite cold water. The sensation of thirst is often due to the hardening of the mucous membrane of the mouth. This is counteracted by warm water. Small pieces of ice may be given to the patient to suck. A convalescent may generally have acid drinks, such as water with a few drops of lemon juice in it.

Stimulants should be given if ordered by the doctor, but not otherwise. The exact amount prescribed should be given no more and no less. The result will be more satisfactory if small doses are given at frequent intervals rather than larger doses at longer intervals. Unless absolutely necessary, owing to the patient's difficulty in swallowing, the stimulant should be given in a liquid form. Great care should always be taken to stop the administration of alcohol directly the doctor says that the immediate need for it no longer exists. Otherwise a habit may be formed which it will be hard to break.

If stimulants have not been ordered the nurse should not take the responsibility of giving them except in cases of great urgency. In nursing a patient whose heart is affected, brandy should be given in the event of sudden collapse. Unless the heart be stimulated in this way there is great risk that its action may entirely cease and death ensue. Stimulants are never given in case of hemorrhage, because their action is to thicken the blood flow by accelerating the heart beat, and this would lead to still greater loss of blood. If brandy has been ordered for a little child, it should never be given in milk. Milk is so essential a part of the diet of a young child that it will not do to run the risk of making the milk unpalatable.

The result might be that the child would refuse milk altogether in the fear that it always possessed that unpalatable flavor.

A useful food for an invalid may be made as follows: An egg is beaten thoroughly, after straining it through fine paper. A teaspoonful of butter is added, and the whole well mixed. For a patient who is unable to sit up, a small portion of a feed-y-cup is made.

They are obtainable at any chemist at a small cost, or a convenient size may be made at home. The food, which is of course liquid, conveyed to the patient's mouth by means of a spoon. Great care must be taken to insure perfect cleanliness. It is advisable to use a teapot that is not a strainer. Should a strainer be used it makes the process of cleaning difficult. The teapot should be washed with cold water and soda and then rinsed with cold water before use.

### FOOD THAT IS SUITABLE FOR INVALIDS.

THE problem of suitable diet is one that raises many difficulties for the mind of the housewife who for the first time has to cater for an invalid. During the critical period of a serious illness, and perhaps for some time afterward, the doctor will prescribe not only the character of the food, but also the exact amount to be given and the times at which it is to be served. Then the sole responsibility of the person in charge of the invalid is to see that these instructions are carried out absolutely and that the food is prepared with the utmost care.

In some diseases the chance of the patient's recovery depends almost entirely upon an accurate dietary. For example, in typhoid fever the only permissible food is milk. Any solid or starchy food would give rise to such serious complications that the patient's chances of recovery would be lost. The strictest care has to be taken, even when the patient has passed the crisis, or there may be a relapse from which the patient might not rally. At this stage, however, the patient often complains of great hunger and longing for more solid food, and it will need all the tact and self-control at her command to withstand these appeals and to be firm and yet kind.

Luckily this extreme caution is not necessary in nursing all complaints, and it often happens that with certain limitations the choice of food is left in the hands of the nurse.

In cooking for a sick person more than ordinary care must be taken to insure perfect cleanliness of all utensils used. No cooking should be done in the sick room, except, perhaps, to warm up some beef-tea or make a cup of tea. It is generally a mistake to let the invalid know before it is ready what he is to have for his meal. He is more likely to eat it with a relish if it comes as a surprise and he has not had time to think about it and turn against it.

Care should be taken to have all meals served punctually, and they should be served as daintily as possible. A small tray covered with snow-white linen, and adorned with well-polished silver and glass, will make the meal look tempting to the sick person. It is advisable only to serve small quantities of food at a time. "Little and often" is said to be the maxim with regard to an invalid's food. A large basin of soup or beef-tea would take away the patient's appetite, when a dainty little cupful would make him inclined for food. The wisdom of a convalescent patient with regard to food should be gratified as far as possible. The desire for a particular food may be the expression of a demand of nature it is wise to satisfy, and there is nothing to be gained in thwarting the patient unless he should ask for something really injurious.

The staple food of a sick person is usually milk, since this contains all the nutritive substance found in a full diet. It can usually be digested when all other food is unsuitable. For an adult at least a quart should be given during the twenty-four hours if no other nourishing food is taken. It may be given in small quantities every hour. A little hot milk given the last thing after settling the

stomach sure a better flavor than the fresh article offered for sale in the markets at this time.

#### RECIPE.

Obtain fresh, tender rhubarb, wash clean, cut in required size, pack in jars, without removing skin (as it adds both to flavor and color), cover with clear cold water—spring water preferred, but not ice water—put new, wide rubbers on jars, then the lid. Cover the jars with paper to exclude light, and set in a dark, cool closet until desired for use.

#### RECIPE FOR PIE CHERRIES.

Wash, pick off stems, pack the jar as full as it will hold without brushing fruit, and proceed as above. It is astonishing how solid and fresh cherries will keep in this manner, and I can attest to the luxury of eating fresh cherry puddings all winter.—A Bachelor (Philadelphia).

### The Housewives in Weekly Council With Marion Harland

Just in the nick of time, and at the height of the early fruit season, comes the long-coveted recipe for putting up the smaller fruits in cold water. I am glad to get it, but I wish our Big Brother had added a trustworthy formula for keeping ripe tomatoes in the same way. With the memory of my own ill fortune with these, after following to the letter—even to the crossing of every "u" and the dotting of every "i"—the directions given by one who claimed to know all about the process, I hesitate to recommend others to make the experiment until I have further and well-authenticated information.

I thank "A Bachelor" for coming up so nobly to the help of my perplexed self and of clamoring correspondents who could no longer be put off with promises "to publish as soon as—"

#### Clever Recipes Sent by a Man.

I am often amused at the doubt expressed concerning preserving fruits and vegetables by the cold water process, and can state positively from experience that it is a great success in the case of rhubarb and pie cherries—both of which our household enjoys every winter in pies, puddings and stewed. At present writing we have one quart jar of rhubarb preserved in this way last spring, which retains its fresh pink color, and I

am sure a better flavor than the fresh article offered for sale in the markets at this time.

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#### Give Him Plenty of Fresh Air.

I have a dear little toddler of sixteen months, who weighs a little over twenty pounds. He is not strong, and yet one could not call him sickly. But his stomach is rather delicate, and he catches cold easily. If I take him out without covering his face he will toss and tumble all night long. It is such

a constant worry all the time, and if I could find anything to make him stonier you can realize how gladly I would welcome it.

Now, there is one thing I can tell the "circle" in return for all the pleasure and profit I have received.

Some time ago I noticed a request for an eye lotion. This is excellent for tired eyes, and a positive cure for that distressing soreness and soreness of the lids. On teaspoonful of Epsom salts, dissolved in a tumblerful of rain water that has been boiled; let it stand until cold and apply frequently. A simple remedy, but effective. I should be happy to think it would be of benefit to some of the friends.—A New One (Richmond, Ill.).

#### Baby Clothes.

Two subjects are to me like red flags—babies' baby clothes and servants. Ba-

bles and servants are like the little children students. One had arrived "original sin," the other was "the redemption."

I have served both for twenty years. No two babies are alike inside and out. Get to know each as best you can until "it" comes; then go slow! There's the coming to both of you. As to clothes, no woman who bathes and feeds has continual care in her mind. One baby wants it in a bag or seraglio, all on one strong. Make dress first, and make them twenty inches from neck seam. When a child creeps, tuck up to twenty-two inches. So one set is enough. With compliments and apologies.—Miller (Chicago).

#### Not Stuff.

But there is reason as to what our woman of experience and ideas says. No two children are any more alike than any two leaves in the forest. To raise a child by a set of cast-iron rules is to check individual development. To allow him to develop full liberty is to risk the child, body and soul, unless a miracle of providential mercy save him from himself.

Yet three-fifths of our bachelors concern themselves in the selection of wives with thoughts as to the kind of leaves they would make, and if other two-fifths were consulted upon the same subject they would come to an impression that a woman may be a fool, yet bring up children well.